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**SCRIPTURE:** Psalm 40

**SERIES:** Summer Psalms

**TITLE:** From Pit to Praise

**BIG IDEA:** When we wait on the Lord, trust His will, and depend on His help, God turns our desperation into testimony and our weakness into worship.

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**SUMMARY:**

David is celebrating the faithfulness of God in times of trouble. David records how he cries out to the Lord and was rescued from despair. God helps bring stability, hope and a new song of praise. The psalm emphasizes trusting God patiently, living with a surrendered heart, and depending on him during ongoing struggles. It also points prophetically to Jesus Christ, who perfectly obeyed the will of God.

Overall, Psalm 40 teaches that God hears, delivers, forgives, and sustains those who trust in Him.

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## TEXT:

### Psalm 40

40 TO THE CHOIRMASTER. A PSALM OF DAVID.

- 1 I waited patiently for the LORD; he inclined to me and heard my cry.
- 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.
- 3 He put a new song in my mouth, a song of praise to our God.  
Many will see and fear, and put their trust in the LORD.
- 4 Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie!
- 5 You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.
- 6 In sacrifice and offering you have not delighted, but you have given me an open ear.  
Burnt offering and sin offering you have not required.
- 7 Then I said, "Behold, I have come; in the scroll of the book it is written of me:
- 8 I delight to do your will, O my God; your law is within my heart."
- 9 I have told the glad news of deliverance in the great congregation;  
behold, I have not restrained my lips, as you know, O LORD.
- 10 I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.
- 11 As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!
- 12 For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.
- 13 Be pleased, O LORD, to deliver me! O LORD, make haste to help me!
- 14 Let those be put to shame and disappointed altogether who seek to snatch away my life;  
let those be turned back and brought to dishonor who delight in my hurt!
- 15 Let those be appalled because of their shame who say to me, "Aha, Aha!"
- 16 But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!"
- 17 As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

## INTODUCTORY QUESTIONS:

- What stood out to you from the passage?
  - How does this passage relate to your life circumstances?
  - What can we learn from this text and how can we apply it?
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## 1. God Lifts Us from the Pit vv. 1-5

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- <sup>1</sup> I waited patiently for the LORD; he inclined to me and heard my cry.
- <sup>2</sup> He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.
- <sup>3</sup> He put a new song in my mouth, a song of praise to our God.  
Many will see and fear, and put their trust in the LORD.
- <sup>4</sup> Blessed is the man who makes the LORD his trust, who does not turn to the proud,  
to those who go astray after a lie!
- <sup>5</sup> You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us;  
none can compare with you! I will proclaim and tell of them, yet they are more than can be told.

- What waiting season has tested your faith the most?
- How has God previously delivered you from difficult situations?
- What “pit” do many people struggle with spiritually today?
- What does it mean to truly trust God while waiting?
- How can your testimony encourage someone else?

## **2. God Desires Surrendered Hearts. Vv. 6-10**

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- <sup>6</sup> In sacrifice and offering you have not delighted, but you have given me an open ear.  
Burnt offering and sin offering you have not required.
- <sup>7</sup> Then I said, “Behold, I have come; in the scroll of the book it is written of me:  
<sup>8</sup> I delight to do your will, O my God; your law is within my heart.”  
<sup>9</sup> I have told the glad news of deliverance in the great congregation;  
behold, I have not restrained my lips, as you know, O LORD.
- <sup>10</sup> I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.

- What is the difference between religion and surrender?
- Do you delight in God’s will or resist it?
- How can you place God’s Word deeper into your heart?
- What testimony has God given you to share?
- Why is obedience more important than outward performance?

### **3. God Remains Our Help in Every Struggle. Vv. 11-17**

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- <sup>11</sup> As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!
- <sup>12</sup> For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.
- <sup>13</sup> Be pleased, O LORD, to deliver me! O LORD, make haste to help me!
- <sup>14</sup> Let those be put to shame and disappointed altogether who seek to snatch away my life;  
let those be turned back and brought to dishonor who delight in my hurt!
- <sup>15</sup> Let those be appalled because of their shame who say to me, "Aha, Aha!"
- <sup>16</sup> But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!"
- <sup>17</sup> As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

- What overwhelming burden are you carrying today?
- Why is honest confession important spiritually?
- How does knowing God thinks about you bring comfort?
- What does it mean for God to be your Deliverer?
- How can believers trust God during prolonged hardship?

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**CLOSING QUESTIONS:**

- How does this passage point us to Christ?
- What does this passage teach us about the Gospel?
- What does this passage ask us to do?
- What do we need to pray for specifically in asking the Holy Spirit to apply these truths to our hearts and lives?
- How can we pray for each other?

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**NOTES:**